

Berry-Dijon Vinaigrette

Makes about ¾ cup; 6 2-tablespoon servings

- 3 tbsp. low-sugar or all-fruit mixed berry or single berry jam**
- ¼ cup water**
- 1 tbsp. Dijon-style mustard**
- 3 tbsp. apple cider vinegar**
- ¼ cup extra-virgin olive oil**
- Black pepper to taste**

In a small bowl, whisk together jam and water until smooth. Add mustard and vinegar and whisk until smooth. Slowly add olive oil, whisking until dressing is somewhat thickened. Add black pepper to taste.

Nutritional Information	per serving
Calories	104
Total Fat	9.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	6.5 g
Cholesterol	0 mg
Sodium	54 mg
Carbohydrates	6 g
Sugars	4 g
Protein	0 g
Dietary Exchanges: ½ fruit, 2 fat	

Creamy Herb Salad Dressing

Makes 1 cup; 8 2-tablespoon servings

- ¾ cup nonfat cottage cheese**
- ½ cup low-fat buttermilk**
- 2-3 tbsp. chopped fresh herbs of choice, such as chives, scallions, parsley, dill and tarragon**

Combine all ingredients in a blender or mini food processor and pulse until smooth.

Nutritional Information	per serving
Calories	22
Total Fat	0.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	2 mg
Sodium	97 mg
Carbohydrates	2 g
Fiber	0 g
Sugars	2 g
Protein	3 g
Dietary Exchanges: ½ lean meat	

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**A Healthy Start to
Home Cooking**

Essential Kitchen Equipment

When you have the right tools, cooking at home comes easily. Stock your kitchen with some of the following tools and you'll always be prepared to make your next meal at home.

*Basic models of most of these items cost \$10 or less. The tools marked with an asterisk are nice to have, but you can still cook without them.

Pots and Pans

You don't have to buy a whole set of matching cookware. You can pick and choose the best pan for the job from a variety of brands and types. Buy fewer, but buy the best you can afford. Quality really counts here. Choose sturdy pots and pans. Thin, cheap metals will warp, dent, and may burn the food. Good pans can last for a lifetime of cooking.

8-quart pot with lid. For boiling pasta, steaming vegetables (with an insert) and making soups and stews. Don't get one that's so heavy you can't lift it when it's full of liquid.

4-quart saucepan with lid*. Does what the 8-quart does on a smaller scale. Good to have around when other pans are in use.

2-quart saucepan with lid. For cooking rice or other grains, making sauces, heating up canned goods and leftovers.

12-inch nonstick skillet. For sautéing meats and vegetables. If you get a deep one with rounded sides it will work great for stir-fries, too.

8-inch nonstick skillet*. Perfect for omelets, eggs, or that grilled sandwich for lunch.

Cast iron griddle or skillet. Some people swear by cast iron, especially for pancakes and cornbread. A well-seasoned, well-cared-for cast iron pan is virtually nonstick.

Steamer insert*. A collapsible one will fit into a variety of pan sizes.

Sharp Stuff

A good knife cuts food easier, quicker, neater and with less chance of injury. Most professional grade knives are high-carbon stainless steel. They don't rust or deteriorate. Quality knives will have the metal continuing up through the handle. Like good pots and pans they can last a lifetime.

Chef's knife. 8- or 10-inch

Paring knife. 4- or 6-inch

Serrated knife. 8-inch, great for slicing bread and tomatoes.

Cutting board. Buy two, a plastic one for raw meat and a wooden one for breads, fruit and vegetables.

Box grater. It's the most versatile kind of grater, usually with six different grating sizes. Just for zesting, though, it's hard to beat a microplane.

Vegetable peeler*. Get a nice one with a comfortable handle since you'll be using it a lot.

Can opener. The smooth-cut kind opens the can from the outside edge, so the lid won't fall in.

Corkscrew*. For opening corked and capped bottles.

Kitchen shears*. Useful for trimming everything from fat from meat to the tips of green beans or snow peas.

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A Healthy Start to Home Cooking

Mixing and Lifting

You don't have to keep all your utensils in a drawer. Find an interesting straight-sided, wide-mouthed container to hold your utensils within easy reach on the countertop.

Wooden spoons. They're cheap, get several.

Slotted spoon. Stainless steel, for stirring and dipping into hot and cold liquids.

Ladle*. For serving soups and stews. A standard-size ladle holds ½ cup, for easy portion measuring.

Spatula. Get a nonmetal one that won't damage your nonstick cookware.

Rubber scraper spatula. For getting out that last little bit. Silicone ones can be used for hot stuff.

Whisk. Great for salad dressing and sauces. Also useful for combining dry ingredients in baking.

Tongs*. Like having hands that don't burn or freeze. Get a spring-loaded one.

Other Good Stuff

These tools will simply make cooking at home a breeze. No need to get the best of the best here, any brand or variety will get the job done!

Mixing bowls. For easy storage, get nesting bowls in at least three sizes.

Measuring cups. Get nesting ones for dry ingredients and a 2-cup spouted glass one for liquids.

Measuring spoons. With 1 tablespoon through ⅛ teaspoon sizes.

Timer*. Yes, there's one on your stove, but what if you're cooking more than one thing at time? Also portable if you're leaving the kitchen while something is cooking.

Colander. For straining and draining. A wire mesh one can double as a sifter.

Instant-read thermometer. For perfectly cooked meats and food safety.

Blender*. For purees, smoothies and quick bread crumbs.

Oven mitts or pot holders, kitchen towels, apron.

Find some of these items and more at
shopheart.org

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Course 1: Kitchen Essentials

Example of a Daily Dietary Pattern that is Consistent with AHA-Recommended Dietary Goals at 2,000 Calories

Eating Pattern	DASH*	Serving Sizes
Grains†	6 to 8 servings per day	1 slice bread; 1 oz dry cereal§; ½ cup cooked rice, pasta or cereal
Vegetables	4 to 5 servings per day	1 cup raw leafy vegetable; ½ cup cut-up raw or cooked vegetable; ½ cup vegetable juice
Fruits	4 to 5 servings per day	1 medium fruit; ¼ cup dried fruit; ½ cup fresh, frozen, or canned fruit; ½ cup fruit juice
Fat-free or low-fat milk and milk products	2 to 3 servings per day	1 cup milk; 1 cup yogurt; 1½ oz cheese
Lean¹ meats, poultry and fish	<6 oz per day	
Nuts, seeds and legumes	4 to 5 servings per week	⅓ cup (1½ oz); 2 Tbsp peanut butter; 2 Tbsp or ½ oz seeds; ½ cup dry beans or peas
Fats and oils	2 to 3 servings# per day	1 tsp soft margarine; 1 Tbsp mayonnaise; 2 Tbsp salad dressing; 1 tsp vegetable oil
Sweets and added sugars	5 or fewer servings per week	1 Tbsp sugar; 1 Tbsp jelly or jam; ½ cup sorbet and ices; 1 cup lemonade

*Dietary Approaches to Stop Hypertension. For more information, please visit <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash>.

†Whole-grain foods are recommended for most grain servings to meet fiber recommendations.

§Equals ½ to 1¼ cups, depending on cereal type. Check the product's Nutrition Facts Label.

¹Lean cuts include sirloin tip, round steak and rump roast; extra-lean hamburger; and cold cuts made with lean meat or soy protein. Lean cuts of pork are center-cut ham, loin chops and pork tenderloin.

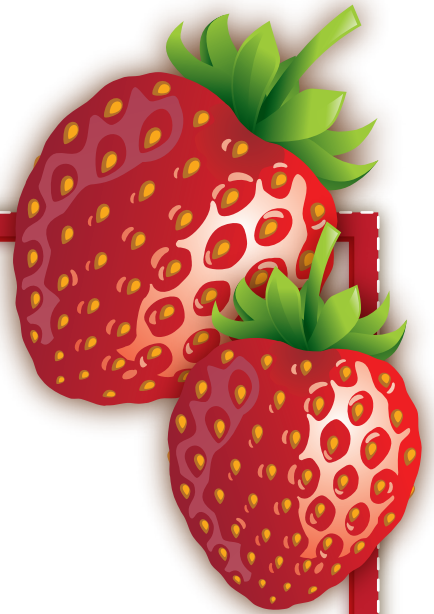
#Fat content changes serving counts for fats and oils: For example, 1 Tbsp of regular salad dressing equals 1 serving; 1 Tbsp of low-fat dressing equals ½ serving; 1 Tbsp of fat-free dressing equals 0 servings.

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